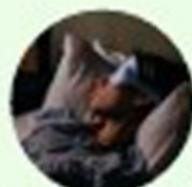


# WHEN TO STAY HOME FROM SCHOOL

## IMPORTANCE OF EDUCATION

Good school attendance is linked to having higher academic success and higher graduation rates. If students don't show up for school regularly, they miss out on important reading and math skills and the chance to build a habit of good attendance that will help students do well in college and at work.

## LIFESTYLE TIPS FOR STUDENTS:



**Set a bedtime for school nights:** Getting enough sleep can help you to excel in the classroom.



**Put down devices prior to bedtime:** Using your phone too much close to bedtime can affect your sleep.



**Eat healthy foods:** Healthy food provides nutrients and energy to be active and healthy, to work, think and learn.



**Get active:** Regular physical activity can boost mental alertness and energy levels required to study effectively.



**Enjoy your time away from school:** When not in the classroom or doing homework, make sure you take time to have fun.

## WHEN TO STAY HOME?

You should get tested and stay home if you are experiencing symptoms related to COVID-19. Take an at-home COVID test or get tested from your Healthcare Provider or [community clinic](#). If you are unsure whether you should attend school due to illness, please seek guidance from a parent/guardian.

### SEND ME TO SCHOOL

- I do not have symptoms related to COVID-19 (cough, runny nose, sore throat, etc.)
- I have been fever free and haven't taken any fever reducing medicine for 24 hours.

### KEEP ME HOME

- I have symptoms related to COVID-19 (cough, runny nose, sore throat, etc.)
- I have a fever of 100.4 degrees or higher.
- I am throwing up or have diarrhea.

### CALL THE DOCTOR

- I have a fever of 100.4 degrees or higher for more than 2 days.
- I have been throwing up or had diarrhea for more than 2 days.
- I am having trouble breathing.

Follow [CDPH Isolation Guidelines](#) if you test positive for COVID-19.

## TIPS TO STAY HEALTHY



WASH YOUR HANDS FREQUENTLY



COVER YOUR COUGHS & SNEEZES



DO NOT SHARE FOOD OR UTENSILS



STAY UP TO DATE WITH VACCINES